



THE
Hammer for the
Stone:

*So named, for that it
sheweth the most excel-
lent remedie that ever
was knowne for the
same.*

*Lately devised by Walter Cary
Maister of Art, and Student in
Phyficke.*

¶ Imprinted at London, by
*Henrie Denham dwelling in
Pater noster Row at the
signe of the Starre.*

1581.



To the Reader.



*Considering with my selfe,
(gentle reader) how com-
mon a disease the stone is,
and how little helpe the
parties griued haue by the vsuall
meanes of Physicians in this our time,
and of long time haue had: and also
hearing it diuerse times obiected, that
the most learned Physician can neither
preuent the stone, in those who natu-
rallie are inclined therevnto, neither
cure it in those in whom it is ingende-
red, I did endeuor my selfe with all stu-
die and diligence, to find out some spe-
ciall thing, which might far excell the
remedies now dailie vsed for the cure
of that grieuous disease.*

*Wherevpon taking mine inuen-
tion from Etius, who vsed verie much
the powder of Goats bloud for cure of
the same: also being further persuaded
therevnto by authoritie of diuerse,*

A.ij.

writing

To the Reader,

writing of the nature of goats bloud:
I did with my great charge drawe a
pure and cleare liquor out of the bloud
of the male Goat, which with the pa-
tience of the Physicians, I will be bold
to call a Quintessence.

And hauing made experience ther-
of now two yeares and better, with
diuerse: I thought good to publish the
same, to the reliefe of manie, which are
griued with that infirmitie, and that
in such sort, as it shall appeare vnto the
world, that I rather seeke herein to be-
nefit my Countrie, than anie priuate
gaine to my selfe.

For whereas no man troubled with
that disease can haue the helpe of the
Physician, without his great charge: I
haue deuised that meane, that anie
man so diseased may haue such ease
with verie small charge, as I dare
boldlie auouch, cannot be had by anie
vsuall meanes.

But for the commendation hereof

To the Reader.

I leane it rather to be commended by the helpe and ease of those, who feare and feele the passions of that most terrible disease, than use anie long Rhetoricall persuasions, knowing that good wine needs no garland, and that the fairest garland can be no long credit to sowre wine.

And now that this my Quintessence may take the better effect, I thinke it verie necessarie, to signifie vnto such as are inclined to the stone, & to those that are already troubled with the same: First the causes of the stone, and wherof it is ingendered. Secondlie, the difference of stones ingendered in mans bodie. Thirddie, the vsuall waie, both to preuent and cure the stone. And fourthlie, the waie or meane now late deuised for preuenting and curing of the same. VVherein being somewhat instructed, they shalbe the better able to gouerne themselves in auoiding & curing the disease, as not needing the
Physicians

The diuision of the booke into foure Chapters.

To the Reader.

Physicians continuall counsell, but being Physicians to themselves.

Yet I would not haue anie man thinke, that I mind to make anie long or curious discourse of the stone, touching all the deepest pointes of the same, as endeuoring to make the Readers perfect Physicians herein: but onlie to shew them a superficiall knowledge, sufficient to direct them in the taking of my Quintessence.

And thus (gentle Reader) haue I diuided that, whereof I mind to write into foure parts, wherein I will not endeavour my selfe to speake whatsoever may conuenientlie be spoken: but rather to speake nothing that maie conuenientlie be left out.

W. C.

The Author to those that are
vexed with the stone, in
verse, as followeth.

Thy siluer, gold, thy pretious stone,
Thy mucke, thy worldlie wealth,
Nought helpeth now thy grievous grone,
no ease it giues, no health:

Now dost thou lie

2 Amidst thy friends a prisoner,
A peece of pining claie,
Thy hope for want of hearts desire,
doth faile and bade awaie:

Thou seek'st to die.

3 Thy friends eie tears, thy hart drops blood,
Thy lims and ioints do quake,
Thy stomach vomits that is good,
whose force makes bedsted shake:

An endlesse wo.

4 Thy dolefull life to thee is death,
And death were life to thee,
For paine doth cease with thy last breath,
But life heapes miserie.

Come death! why so?

5 What? what? sends God a maladie,
And not a meane for ease?

No Physicke good? no remedie?

This raging grieve t'appeale?

Though Physicke faile,

6 Behold

6 Behold a faithfull friend unknowne,
(To do his countrie good)
Will ease this grieve and heauie grone,
With water of Goates blood:

Then do not quaille.

7 Though dreadfull death an action brought,
This Goat thy baile will be:
And though the cause be sillie wrought,
The verdict goes with thee:

Lift vp thy hart,

8 His harme, thy hope: his swo, thy wealth:
His heart receiues the knife,
He yeldes his bloud to bring thee health,
His death shall be thy life,
And end thy smart.

Lo, thus the Authour grates thee well,
Thy friend without desert:
He craves but thanks, and so doth sell
A salue for wounded hart:
He seeks good will, giues ease of paine,
Good wordes for ware: an easie gaine.

Vale.



The causes of the stone, and
how it is ingendered in
mans bodie.

The first Chapter.



It is not vnknowne vnto
such as haue bestowed anie
time in the studie of Phy-
sicke, that as well the old as
new writers, with one consent agræ,
that there are 2. causes of the stone: the
one materiall, the other formall. The
materiall cause is an earthlie, grosse,
thicke, and slimie humour: the formall
cause is the heate of mans bodie, dige-
sting or baking the said humoꝝ, vntill it
be hard, which then remaines in the na-
ture of a stone. This will I make moze
manifest to you by a familiar example.

Two
causes of
the stone.

Claye of it selfe is an earthlie & slimie
substance, which I will compare vnto
the humoꝝ whereof the stone is inge-
dered. Also the fire I wil compare vnto
the heate of mans bodie, whereby you
may see how the stone is ingendred. For
this claye being baked in fyre is made
a stone, and loseth his nature of claye.

Here

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Here also I thinke it good to note that nature requires alwaies a fit matter to worke vpon. For one onelie action of nature, at one time worketh diuerse & verie contrarie effects: which hapneth, bicause of the contrarietie of the matters wher vpon she worketh, and not by anie diuersitie of hir action. For as by fire, claie is made a stone: so chalke being a stone, by fire is conuerted into powder. And as claie by fire is made a fast & firme substance, which befoze was soft, and easie to be dissolued in water: so chalke being befoze a fast and sound lumpe, is by the same fire made fit to be dissolued in water, bicause of the discontinuitie, or separation of his parts.

Whereby you may gather, that this slimie humoz, being in mans body, hath a nature verie apt to be turned into a stone, and yeeldeth it selfe to the speedie generation therof, wher vnto it is naturallie inclined, which otherwise by so small heate could hardlie be. And therefore I would wish euerie man to haue a speciall care in refusing meats, & other things, which are apt to breed the stone,
and

for the Stone.

and in vsing the contrarie, which here
after in place conuenient, touching the
preuenting of the stone, I wil not omit.

The difference of stones ingende-
red in mans bodie.

The second Chapter.

I haue (according to my pro-
mise) briefly spoken of the two
causes of the stone. Now with
like breuitie I will speake of the diffe-
rence of stones ingendered in mans bo-
die, which I find by experience to differ
in place, colour, forme, quantitie, and
hardnes. As touching the first, there
are two vsual places where the stone is
ingendered, the kidnies, and the blad-
der. Vnto the stone of the kidnies, the
middle aged, & they that somewhat de-
cline, are most subiect. And these stones
of the kidnies are also of two sorts. For
they are either ingendered in the hol-
low vessels of the kidnies: or in the sub-
stance or fleshy parts. But vnto the
stone of the bladder, children are most
inclined: which happeneth, for that all
children (for the most part) first eate of
ten

Five spe-
ciall diffe-
rences of
the stone.
1

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ten, befoze that which they eat befoze be digested. Next after they haue eaten, they vse violent exercise, and motion of their bodie continuallie, wherby they foze a thicker and moze grosse iuice of nutriment, from the stomack into the bodie than nature requireth: and that grosse substance settling in the bottom of the bladder, by the temperate heat of the child, is conuerted into a stone. As in the making of the artificiall wines, if you let them passe thzough the strainer gentlie of their owne accoꝝd, they come cleare: but if hastilie you foze them by wringing, they come thicke, and being settled, will be full of grounds in the

bottom. Secondlie foꝝ colour, there are some stones white, some blacke, others yellowe, some red, some ash colour, and some mixt of diuerse colours. Which diuersitie happeneth chieslie by difference of the matter, whereof the stones were ingendered: and somewhat by digestion of the stones, either by smaller or greater heat, with either longer or shorter time. The thirde difference of stones, is in foꝝme or fashion.

for the Stone.

For some are round, as a ball; some like an egge, some like a pease, some like a barlie cozne: some sharpe, some piked, and of diuerse and sundrie other formes, wherof I neede not speake.

The fourth difference is in quantitie: 4
for the stone differeth in quantitie, from the bignesse of a pins head, or lesse, vnto the quantitie of an egge, or greater. And the smaller sort of stones, are (for the most part) ingendered in the kidnies, and that either in the hollowe vessels of the kidnies, as I said before: which being but small, the stone cannot exceed the bignesse thereof, and therefore must be small also. Or else in the substance or fleshie partes of the kidnies, here and there dispersed, which also are neuer found to be great. But the greater sort of stones are alwaies ingendered in the bladder, for that the vessels being great, will also admit the generation of a great stone. The fift difference is in hardnesse. 5
For there are some (as I haue often seene) which are scant congealed or baked, so that one may break them to grit with his finger
and

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and his thumbe. Others somewhat harder, & not easie to be broken. And others so hard as they will not easilie yeeld to the Hammer. The stone that breaketh gentlie, is (for the most part) red or yellowe. The middle sort is of diuerse colours. The hardest, white. There is also a mixt kind of stone compact of hard stones lightly knit together by soft grauell, and this kind is most dangerous and painfull in voiding.

The vsuall waie how to preuent
and cure the stone.

The third Chapter.

In the two former Chapters I haue brieftly touched the matter, whereof the stone is ingendered, & the difference of stones. Now I will shew the vsuall meanes, both to preuent & cure the stone, which (amongst the Physicians of our time) are now dailie practised. The stone in those, who onelie feare the disease, and are not yet troubled therewith, is preuented by two special meanes. The one is, by abstinence from meates, & things
which

for the Stone.

which are apt to breed the stone. Which are of two sorts also. For either they breed in the bodie a fit matter, easie to be conuerted into a stone: as beale, pig, lamb, ling, greenfish, eeles, cheese, milk: and generallie, all verie grosse, slimie, swete, and fat meats. Or else they cause an vnnatural heate in the bodie, and inflame the kidnies and other parts: as, heating the back at the fire, lieng much upon the back, also great vse of pepper, ginger, and other spices, or anie thing of like nature. The other by purging that humoz, which being in the bodie, is not as yet digested to the nature of a stone: which is done by two meanes also. Either by purgations, and lara- tiue medicines: or otherwise, by those things, which being of a verie subtile, thin, and pearling nature, passe sud- denlie thzough the liuer, the kidnies, and the bladder, and violentlie carrie with them, such slimie and grosse hu- mours as they find by the wale: as, White wine, and Rhenish wine, and such like taken fasting: which being not taken fasting, worke not this effect.

For

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For being bled either with, or sone after meat, they hasten the digestion, and carie grosse and rawe humors into the bodie, whereby they worke a verie contrarie effect, and ingender the Stone being much bled.

But the Stone being already ingendered by the vsuall meanes, is to be cured chieflie by things, which cause the Stone to breake and void: as Saxifrage, Parslie, Pellitorie of the wall, Gromwell, and other things infinite, wherof I haue named foure good, pleasant, and easiest to be taken. There are also diuers other meanes: as letting blood, purging, glisters, vomits, and mollifying or distending the narrowe & streight vessels with oiles, &c. wherein the Stone sticketh. But for breuitie sake, all these I let passe.

The preuenting and curing of the Stone,
by a new meane late deuised.

The fourth Chapter.

I haue hitherto briefly touched the causes of the Stone, the difference of Stones, and the vsuall
all

for the Stone.

all meanes for preventing and curing
the stone. Now I mind to shew the
waie, both to prevent & cure the same,
by the Quintessence of Goats blood.
But the maner of making this Quint-
essence, the choice of the Goat, the time
of the yeare, the diuersitie of the blood
of the arterie and of the veine, and the
order of distilling and circulating the
same, I will not here speake of: but (vp-
on request) will deliuer it in writing to
the right worshipfull and most learned
companie of Physicians in London,
wishing them to appoint certaine A-
pothecaries, which shall be swozne for
the iust and true making of this Quint-
essence. Which being so made, the
Physicians may direct the same to bee
giuen as to them (their patients and
circumstances rightlie weied) shall
seeme most meete. But in the meane
time you shal haue of this Quintessence
as much as I can conuenientlie make,
at maister Graies house the Apotheca-
rie in Fanchurch street, whose honestie
& approued good dealing I dare boldlie
commend vnto you: and also at my
house

B. J.

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house in great **Wickham** in the Countie of **Buckingham**, if so it be néerer to such as desire the same.

The vse of the Quintessence, being at five shillings the wine pint, for those that are from their father and mother, or either of them naturallie inclined thereunto, or otherwise feare the disease, and would pzeuent the same: is, to take twentie or thirtie daies in the spring, and likewise in the fall of the lease, two spoonesfull thereof in a good draught of their accustomed drinke fasting, & to fast one houre after it, which wil without all question pzeerne them from the disease.

But vnto those, who are troubled with the stone, and feele now and then a passion thereof, I haue thought good to pzecribe this order. Cause foure or five galons of drinke to be bzeued and tunned vp in a little vessell fit for the same, and when it is new tunned, adde therto lightlie bound together, one good handfull of **Parcelie**, and one handfull of **Pellitorie** of the wall, but for want of **Pellitorie**, take the more **Parcelie**,
al

for the Stone.

although the other were better. And when your drinke (being either ale or beere, as you like best) is stale enough, drinke thereof euerie morning fasting a good and heartie draught, adding thereto two spoonefulls or more of the Quintessence, (for in greater quantitie you cannot erre) and fast one houre after it, as befoze. But whiles you take it, vse no violent motion of your bodie, but gentle walking, or such like: least the stone beginning to breake, the peeces thereof fall into the narowe vessels betwene the kidnies and the bladder, or from the bladder into the yard, to your great torment. And this order I wish you to vse as long as you find anie grauell to auoid. But bicause oft times the grauell doth void, and yet not to be discerned, as my late experience hath taught me, I thinke it requisite here to shew the strange working of the Quintessence. If you put into a cup of wine a peece of light, hollowe, and soft sugar, the wine presentlie entreth into all parts thereof, and causeth it to fall like a sandie substance. But if you put into
b.ij. the

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the same cup of wine, a peece of whiſte, hard, and perfect good ſugar, it reſiſteth the wine, and ſuffereth onelie the outward parts in long time, ſome & ſome to be diſſolued. So likewise, if the Quinteſſence find in the bodie an hol- lowe, ſoft, and grettie ſtone, it entereth preſentlie into the ſame, diſſolueth it, and cauſeth it to bold in grauell, being not able to ſuffer the long action of working of the Quinteſſence. But the ſtone being hard, long digeſted, and ha- uing his ſubſtance faſt & ſoundlie com- pact together, the Quinteſſence cannot enter into the ſame, but worketh vpon the outward parts thereof, and the more ſtronglie it abideth and reſiſteth, the more perfectlie the Quinteſſence reſol- ueth the ſame. For manifeſt proſe hereof, if in taking the Quinteſſence, you find no grauell to bold, ſet your u- rine firſt made, after the taking of the Quinteſſence, in ſome open beſſell, vpon the embers in a temperate heate, and ſuffer it ſo to ſtand, vntill all the water be breathed away, and that which re- maineth be perfect drie, which you ſhall find

for the Stone.

find a grettie substance, if you were troubled with the stone. And this is a verie perfect triall.

Now I thinke it good to note, that if the stone be great in quantitie and in the bladder, you must vse the Quintessence the longer, and not looke to be cured miraculouſlie with the vse thereof of a weeke or two. And against this kind especiallie I wish the Parcelle to be vsed (as befoze) for that it is a great opener, and wil helpe the Quintessence to passe moze swiftlie vnto the kidnies and the bladder, where it ought to worke, which otherwise continuing long in the stomach, loseth part of his vertue, and worketh not so effectually. But if the partie be verie old withall, and hath his kidnies and bladder exulcerate, or either of them, yet chiefly the bladder, then I wish him not onlie to vse the Quintessence, as befoze, but also to obserue verie diligentlie this diet: Abstaine frō all wine, aquavite, aqua composita, beere, veriuice, vineger, aliger, perrie, cidar, salt, & salt meates, all spices, ozenges, lemons, mustard,
and

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and all rawe fruites , and generallie from all things which cause the vrine to be hot, sharpe, or fretting. For then, although the stone be cured , yet the partie hath litle ease, for that the sharpe vrine hauing accessse to the sozenesse and rawnesse of the kidnies or bladder, will not suffer the partes affected to heale, but rather increaseth the grieve. If you be troubled with the exulceration of the bladder , the manifest and continuall paine thereof will declare the same: also the grieve in making water , and hardnesse of making water, which rather dooppeth than runneth, bicause the force expulsive is decayed : but if, with the exulceration of the kidnies , then haue you paine in your loins. But if you be grieved with either of anie continuance , with your vrine there voideth often slimie corruption, like the white of an egge, or filthie blood, and suche like . I wish those who remaine in this case especiallie troubled with the exulceration of the bladder, not to torment their bodies with much physicke. For although eased, yet cured they

for the Stone.

they cannot be. Onlie I counsell them (as befoze) to remone the stone, and to avoid by abstinence from the things afoze recited, the sharpnesse of vrine, which are the causes efficient of their grieve, and that done, to vse for healing of their soze kidnies and bladders, as neare as may be, a resonable quantitie of Goates milke, euerie morning fasting: also the syrup of Platanie is a speciall thing in these griefes, vsing one spoonefull thereof in the morning in ale clarified.

And now to end this my short worke, I let passe that which a number of wri-
ters set forth of the nature of the Goat, and the vertue of his bloud against the stone. Onlie I alledge one sentence of Fuchsius, an excellent, wise, and learned Physician, which I find in his booke De medendis morbis. Writing of the stone and the cure therof, after he had shewed diuerse remedies, he endeth thus: *Sanguis deniq; hircinus, ad calculos cum renum, tum vesicae praesens remedium est. Nam pra-existentes soluit, & per vrinam excernit, & vt alij amplius non generentur prohibet, ac dolorem*

The Hammer.

dolorem sedat. And to conclude, Goates bloud is a present remedie, both for the stone of the kidnies and the bladder. For it dissolueth those that are there already, and voideth them by vrine, and suffereth no more to ingender, also taketh awaie the paine.

But least this most excellent medicine should be slandered, I haue thought good to signifie, that if anie person hauing vsed the Quintessence, in such sort as is requisite, both for time and order, find not such remedie as I haue promised, and he looked for: let him (if it seeme good) repaire to my house in Wickham aforesaid, where he shall find me readie without either penie or penie worth, to do what possible I may for his further cure. And if by taking ought herein, I breake my promise, let me be rather thought a deceiuer, than one seeking to benefite my Countre.

FINIS.



¶ A brieft Treatise, called
Caries farewell to Physicke : where-
in thou shalt find rare and speciall
helpe for manie com-
mon diseases.

¶ Herevnto also is to be referred a
gentle remedie against the Col-
licke : named The Hammer for
the Stone, by the same
W. C.

Ecclus. 30, 15.
Health and strength is above all gold, and a
sound bodie above infinite treasure.

¶ Imprinted at London by Hen-
rie Denham, dwelling in Pater
Noster rowe, at the signe
of the Starre.
1583.

INDEX.

Vovero, to vow, to
 Vpilio, vel opilio, cu-
 stos ovium.
 Vrbs, civitas, oppi-
 dum.
 Vrgo, to preasse: in sto
 Vro, succedo, inflam-
 mo: to burne.
 Vter, tris: a wine bottle.
 Veilitas, commodum;
 emolumentum.
 Vtor, to use; ysurpo,
 Vsurpacio, right gotten

by long possession.
 Vva, a beetle.
 Vulnus, a wound: pla-
 ga.
 Vxor, a wife.

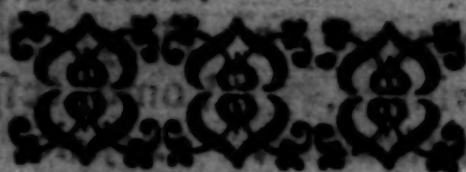
X

X Enium, vel, on: a
 present or gifte:
 strenua.

Z

Z Ychus, vel, um:
 beere: potus lu-
 pulatus.

FINIS.



R V D I-
M E N T A P I-
E T A T I S.

I. TIM. 4. ver. 8.

PIETAS AD OM-
nia utilis est, promissio-
nes habens præsentis &
futuræ vitæ.



EDINBURGI
EXCVDEBAT RO.

bertus Walde græc

Typographus Re-
gins. 1595.

Cam Privilegio Regio.